

Got some ideas from patients on how they spend their summer. Here is the list for those who needs inspiration on how to make the remaining days of summer enjoyable.



### **Water Aerobics and Swimming**

Water sports are a very popular especially for the summer months. Water activities are good for muscle and heart strengthening; it is also less stressful on our joints and can be enjoyed by all age groups. Water Aerobics or Aqua Aerobics are being offered by some Gyms and Clubs or if you are on a vacation, hotel and resorts may offer this as an activity as part of their guest itinerary.





Hot summer activities include yoga, hiking, and swimming. Yoga is a great way to stay fit and healthy during the summer months. Hiking is a fun way to enjoy the outdoors and get some exercise. Swimming is a refreshing way to cool off on a hot day. All of these activities are great for your health and well-being.